

FAQs for girls wrestling now that it is sanctioned

- Q. Can a school have one coach that coaches both the boys and the girls?
- A. Yes. similar to cross country where a school will have the same coach for the boys and the girls even though they are separate teams
- Q. Can the girls and the boys practice together?
- A. They can practice at the same time. However, they are now separate teams and **cannot practice against each other.**
- Q. If a school does not register for girls wrestling, can girls wrestle on the boys team?
- A. Yes, the NSAA bylaws allow girls to participate on the boys team if a school does not register for girls wrestling. However, girls on a boys team cannot compete in a girls tournament or a girls division of a tournament. Because they are on the boys team, they must compete against other boys teams.
- Q. Can schools coop in girls wrestling?
- A. Yes, schools can enter into a cooperative agreement to compete as a single team. A cooperative agreement can have no more than 4 schools.
- Q. If a school is in a current co-op for boys wrestling, will girls wrestling fall under that same cooperative agreement?
- A. No. Each cooperative agreement specifically lists the sports that are included. Therefore, any girls coop would require new paperwork.
- Q. Will entering into a coop for girls wrestling affect the classification of the boys team?
- A. No, Now that girls wrestling is a sanctioned sport, any coop for wrestling will be based on the respective program (girls or boys). Girls wrestling will be one class. Therefore, coops in girls wrestling will not affect classification.
- Q. What is the deadline for registering or entering into a coop for girls wrestling?
- A. The deadline for all winter sports registration and coop paperwork is October 1.
- Q. Is the registration process and cost for girls wrestling the same as boys?
- A. Yes, registration for girls wrestling will include a \$25 Trackwrestling fee (boys pay \$100) With that each will receive the following:
- \$30 membership to the National Wrestling Coaches Association which allows us to utilize their weight management program - OPC (required by the NSAA)
 - \$50 access to the Trackwrestling stats program
 - Free access for all high schools in Nebraska to run competitions at any HS level with the Trackwrestling software. Average cost is \$115-\$125/tournament.

Q. Can a girl from our school participate in the girls district & state tournaments if we do not have a separate girls program (if they practice & compete with the boys during the season)?

A. No.

Q. Is there a minimum number of competitions that a team needs in order to compete in the girls postseason?

A. The bylaws state that in order to be eligible for district and state competitions, a team must participate in a minimum of five varsity contests.

In all athletic activities, teams wishing to enter a sub-district, district, or state contest shall have participated in a minimum of five interschool varsity contests prior to the sub-district, district, or state contest.

Q. If a school is in an existing coop for wrestling and wants to coop with the same school for girls wrestling, can they amend the existing coop or does there need to be new co-op paperwork for girls wrestling?

A. You will need to have new paperwork filed with the NSAA for any girls wrestling coops by the October 1st deadline..

Q. Can a school that sponsors girls wrestling compete in a club tournament during the wrestling season?

A. No, all competitions must be against teams/individuals that are representing their high school as a member of their respective state association.

Q. Are you required to enter schedules for girls wrestling into the NSAA?

A. No, at this point, we are giving some flexibility for schools to make necessary changes throughout the season. Schools must stay with the contest limitations of no more than 18 competitions.

Q. Can a wrestler go to a club practice once the season has started?

A. No, once the season has started, the only group instruction that an athlete can receive is from one of their respective high school coaches.

APPROVED RULINGS AND INTERPRETATIONS FOR 3.1.1

A season begins on the first day of allowable practices for that sport, as designated in 3.1.1.2.

The season officially ends with the conclusion of the State Championship in that sport. Students may not participate in outside group instruction or competition once the season officially begins, and outside group instruction or competition may not commence until the school varsity team has been completely eliminated from further participation in that sport.

Q. Can a wrestler receive private lessons during the season?

A. Yes, but the instruction must be one-on-one

3.5.2 Individual Instruction. *During a season of a sport, a student is permitted to take individual instruction from a person other than the high school coach at times other than scheduled high school practice sessions, but such instructions shall not interfere with, nor be substituted for the high school coaching, practice sessions, or contest.*

APPROVED RULINGS AND INTERPRETATIONS FOR 3.5.2

During a season of a sport, a student is permitted to take individual instruction from a person other than the high school coach. Group instruction, practices with outside teams, and tryouts for outside teams other than as part of a college or university recruiting visit, however, are not permitted.